

COVID-19 Resource Directory for Older Adults and Family & Friends in Baltimore City



Who can I talk to about where to get food?

If you need someone to talk to and help answer questions, call Maryland Access Point (MAP) at 410-396-2273 (CARE) or email at MAP.BCHD@baltimorecity.gov

Where can I report scams or fraud?

Call the Maryland Attorney General's hotline to report consumer fraud or medical fraud. Due to an increased volume of calls during the COVID-19 emergency, you may have to leave a message, but you will receive a call back.

- **Consumer issues** (410-528-8662)
- **Medical billing issues** (410-528-1840)

I'm worried about neglect or abuse of a loved one in a long-term care facility.

Call the Long-Term Care Ombudsman program (410-396-3144) at the Baltimore City Health Department for assistance.

I'm worried about neglect or abuse of an older adult in the community.

Call Adult Protective Services (APS) or Stop Abuse of Elders (SAFE) to get help:

- **APS** (410-361-5000)
- **SAFE helpline** (410-843-7571)

Who can I call for legal help?

The following organizations can provide free assistance with civil cases:

- **Senior Legal Services** (410-396-1322)
- **Maryland Volunteer Lawyers Service** (800-510-0050 / 410-547-6537)

Where can I get support for loved ones if I'm concerned about mental health?

You can call Baltimore's Crisis, Information and Referral Line anytime for support for your mental and emotional health at (410-433-5157).

You can also call the Baltimore Neighbors Network to get support for yourself and your loved ones at (410 324-2917)



Where can I get a daily automated check up call for myself or a loved one?

Senior Call Check is a free service for adults 65+. Participants receive an automated call every day. After 3 unanswered calls, a friend or family member you've chosen will be called. Register on the phone (**M-F 8 am-5 pm & Saturday 9am-3 pm**) at **1-866-50-CHECK** or online at tinyurl.com/aging-check

In these uncertain times, everyone needs somebody to LEAN on.

Link to ways to get food and necessities
Explore available services
Ask for help when you need it
Nobody has to do it alone. We're all in this together.

 **BALTIMORE
CITY HEALTH
DEPARTMENT**

